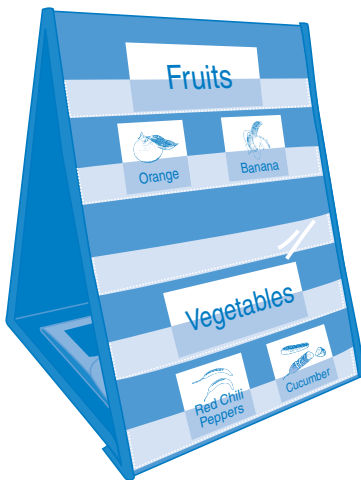


Tabletop Pocket Chart

Nutrition

Card Set



Skills:

- Learn how to choose a healthy diet with a variety of foods
- Learn the food groups
- Practice categorizing foods into the correct food groups

Includes:

- 5 double-sided food group and mealtime cards
- 90 double-sided food photo cards

The Nutrition Card Set, for use with the Tabletop Pocket Chart (LER 2523), is perfect for students learning about nutrition. Set up a nutrition learning center for 2 to 4 students and have them practice sorting the food cards by food group. Students should place the food cards in the pockets under the correct food group card. Each food card has the food's name printed on the front and the name of its food group printed on the back, allowing students to quiz each other or check their own work by flipping over the card. The back of each food card is also color coded to match the food group.

This card set can also be used for individual students to plan a well-balanced breakfast or dinner. Place the mealtime card (Breakfast, Lunch or Dinner) in the top pocket and have the student place food cards under each mealtime card creating a menu that uses all the food groups.

Great for every classroom!

Once students are familiar with the card set, hold up two or more food cards (photograph side showing) and ask students which card in the group is the most nutritious or how many cups or ounces of that food group, to which it belongs, you need daily. See the health benefits for each food group below. Students will also enjoy taking a class poll of their favorite fruits or vegetables and graphing the results on a separate piece of paper or on the blackboard.

Milk: Builds strong bones and teeth.

Fruits: Keeps skin healthy, helps to heal cuts, provides good digestion and vision.

Grains: Good source of energy, keeps skin and nervous systems healthy.

Meat and Beans: Builds strong muscles.

Vegetables: Keeps skin healthy and provides good digestion.

Oils: Helps produce energy and maintain a healthy body.

The Nutrition Tabletop Pocket Chart Card Set will help students learn about a variety of foods and make choosing a healthy diet fun, too.

Additional card sets and pocket charts are available from Learning Resources®:

LER 2523 Tabletop Pocket Chart

LER 2525 Tabletop Pocket Chart Card Set – Phonemic Awareness

LER 2526 Tabletop Pocket Chart Card Set – Word Families

LER 2537 Tabletop Pocket Chart Card Set – Simple Sentences

LER 2534 Tabletop Pocket Chart Card Set – Money

LER 2570 Tabletop Pocket Chart Card Set – Counting & Numbers

LER 2571 Tabletop Pocket Chart Card Set – Addition & Subtraction

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